



*Suicing EarthFIT Fuel 2.0 Meal Plan*



# Fuel 2.0



## JUICES

### EarthFIT Juice

2-4 Carrot  
2 Apple  
1/2 Beet  
1/2 inch Ginger

### PinaFit

Half bundle Kale  
2-4 stalks Celery  
2-4 Carrot  
1/2 Pineapple

### Alkalizer

4 cups Spinach  
2-4 stalks Celery  
2-3 Green Apple  
1 Lemon

### Sunrise Rejuvenation

1-2 Apple  
2-3 Carrot  
1/2 inch to 1 inch Ginger  
1 Orange  
1/2-1 piece Turmeric Root

### Elemental (Earth, Water, Fire)

1 Beet  
1 Cucumber  
1/2 - 1 inch Ginger  
1 Apple  
1 Lemon

### Devilish Delight

2-3 Apple  
1 Pineapple  
1 Kiwi  
2-3 cups Spinach  
1 Lemon



## Mean Green

Apple  
Celery  
Cucumber  
Ginger  
Kale  
Lemon

## Tropical Twist

Apple  
Kiwi  
Lemon  
Lime  
Orange  
Pineapple

## Green Machine

Apple  
Kale  
Spinach  
Parsley

## Garden Salad Special

3 Broccoli Flowerets  
1 Garlic Clove  
4-5 Carrot or 2 Tomato  
2 stalks Celery  
1/2 Green Pepper

Push broccoli and garlic through hopper with carrots or tomatoes. Follow with celery and green pepper.

## Cherie's Cleansing Cocktail/ Cellulite Eliminator

1/4 inch slice Ginger Root  
1 Beet  
1/2 Apple, seeded  
4 Carrot, greens removed

Push ginger, beet, and apple through hopper with carrots.

## Potassium Broth

Handful Parsley  
Handful Spinach  
4-5 Carrot, greens removed  
2 stalks Celery

Bunch up parsley and spinach leaves, and push through hopper with carrots and celery.



### Pineapple Cocktail

3 inch slice Pineapple, with skin  
1/2 Apple, seeded  
1/2 cup Coconut Milk

Push pineapple through hopper with apple. Pour juice into glass and add coconut milk.

### Lemon Ginger Pear

1 Lemon  
1 big chunk of Ginger  
1 Pear

### Muscle Recovery Juice

1 Lemon  
1 chunk of Ginger  
4 Carrot  
Handful Spinach  
1/2 Cucumber  
1 Orange  
1/2 Mango  
8 oz Coconut Water  
1/2 tsp ground Turmeric

### Metabolic Boost Juice

Lemon  
Ginger  
Chili Pepper  
1 cup Unsweetened Organic  
Iced Green Tea

### Liver Detox Juice

1 cup Cranberries  
3 Lemon  
Large chunk of Ginger  
1 tsp Cinnamon  
1/2 tsp Nutmeg  
1/2 tsp Allspice  
Raw Honey or Stevia to sweeten

### Red Juice

Beet  
Carrot  
Orange  
Spinach



### Fennel Juice

1/2 small Red Cabbage  
1/2 Fennel Bulb  
2 Apple  
1 Lemon

### Tomato Basil

1/2 Cucumber  
Handful Basil  
12 oz Tomato

### Apple Infusion Cooler

1 stalk Lemon Grass  
1/2 oz Ginger  
4 Apple  
1 Lemon

### Red Hot Veggie Juice

2 Red Bell Peppers  
1 Fresh Red Chili  
5 oz Zucchini  
3 oz Radish  
1 Orange

### Apple and Blackberry

1/2 tsp Cinnamon  
1 3/4 cup Blackberries  
3 Apple  
Dash of Honey



## Drinks

### Water

(Sea salt and lime with warm water in the morning)

Green Tea

Coconut Water

[Ginger Turmeric Tea](#)

## Fats

**Butter** (Grass Fed, Organic)

**Oils** (Fish Oil, Olive Oil, Coconut Oil)

**Nuts** (and natural organic nut butters)

**Seeds** (Flax, Pumpkin, Hemp, Chia)

**Coconut Meat/ Coconut Manana**

## Fermented Foods

**Kefir** (Homemade preferably raw)

**Sauerkraut Raw**

**Fermented Soy**

## Flours and Thickeners

**Almond Flour**

**Coconut Flour**

**Arrowroot Powder**

## Fruits

**Dark Berries**

**Citrus** (Lemon/Limes/Grapefruit)

**Banana**

**Tomatoes**

**Cherries**

**Melons** (Watermelon, Cantaloupe, Honeydew)

**Mangoes**

**Pomegranate**

**Pineapple**

## Herbs and Spices

**Sea Salt** (Pink or Grey)

**Pepper**

**Garlic**

**Ginger**

**Turmeric**

**Basil**

**Parsley**

**Cilantro**

**Rosemary**

**Thyme**

**Oregano**

**Sage**

**Chives**

**Mint**

**Cloves**

**Cayenne**

**Chili Pepper**



### Protein

(all grass fed, free range and organic preferably)

- Whole Eggs
- Chicken
- Lamb
- Beef
- Fish
- Venison

### Starches and Grains

- Yams
- Sweet Potatoes
- Pseudo Grains (Quinoa, Buckwheat, Amaranth, Millet)
- Squash (Acorn, Butternut, Spaghetti, Carnival)
- Pumpkin

### Sweeteners

- Raw Organic Honey
- Stevia

### Veggies

- Organic Mixed Greens
- Cruciferous Veggies (Broccoli, Cauliflower, Brussel Sprouts, Bok Choy, Kale)
- Cucumbers
- Avocados
- Carrots
- Cabbage
- Celery
- Beets
- Onions



# 7 Breakfasts to BURN FAT and BUILD LEAN MUSCLE!

During the Top Secret Nutrition Workshop we hosted, I spoke about 3 foods in particular. These 3 foods that I mentioned were what I coined the term RESULT CREATORS! In other words, the inclusion of these foods into one's dieting on a daily basis would start creating the results one desires immediately. The addition of these foods in your diet TODAY will begin showing you results TODAY, TOMORROW, THIS WEEK, THIS MONTH, AND ON as long as they remain in the diet!

If you add these 3 foods into your diet each day, you will AVOID:

- Fat Gain
- Loss of Muscle
- Build up of Toxins in the Body
- Low Energy
- Feelings of Hunger
- Sickness

If you add these 3 foods into your diet each day, you will GET:

- Increase rates of Fat Loss
- Increased amounts of Lean Muscle
- More Energy
- Feeling of Satiety
- Cleansing of Body and Toxins
- Decreased chance of Sickness

Those who attended the Nutrition Workshop know all 3 of the Result Creators. However, those who did not attend may not know the benefits of these 3 Foods. The first food is a Protein Source. The first food is Whole Eggs. You may ask though, don't whole eggs raise cholesterol? Why are they so healthy? I thought Egg Whites were healthy? Let me explain:

- The yolk is the healthiest part of the egg
  - The Cholesterol in the yolk DOES NOT raise bad LDL Cholesterol levels nor does it affect overall blood cholesterol levels
    - Research showing Cholesterol was raised did not differentiate between HDL and LDL levels and was sponsored by large breakfast cereal manufacturers (General Mills, Kelloggs, etc)
  - Rather, it RAISES HEALTHY HDL Cholesterol Levels (healthy cholesterol)
- The yolk helps stabilize Blood Sugar levels
- Contains an abundance of minerals and vitamins, especially fat-soluble vitamins and B vitamins
- Easy to digest and excellent source of Protein

The second food is a Healthy Fat. The second food is Coconut Oil (unrefined, virgin). Coconut Oil has so many benefits contained in each serving that, no matter what your goal or desire may be, it should be included in everyone's diet for reaching that goal. Here are the TREMENDOUS BENEFITS of Coconut Oil:

- CANNOT, I repeat, CANNOT BE STORED AS FAT
  - Coconut Oil has a special fat in it called Medium Chain Triglycerides (MCT's)
  - MCT's MUST be used IMMEDIATELY as energy upon entering the body for digestion
  - Thus, Coconut Oil is an excellent source of Energy
- Mobilizes Fatty Acids for use as Energy in the body
  - This means, by consuming Coconut Oil, it signals the body to break down its fat stores/cells so that they can be used for energy during physical activity
  - Thus, Coconut Oil is an Amazing Fat Burner
- Coconut Oil is ANTI SICKNESS and PRO HEALTH!
  - Coconut Oil is Anti-viral/bacterial/fungal/protozoal
  - By consuming Coconut Oil, you can PREVENT sickness

The third food is a Healthy Carbohydrate. The third food is Dark, Organic Berries. Why dark? The darker a fruit or vegetable is, the higher amount of antioxidants it contains. Why organic? Berries have a special ability to detoxify the body of toxins. They are one of few foods that help remove toxins from the body by supporting Liver Detoxification. Non-organic berries are sprayed with chemicals and pesticides which are extreme toxins to the body. The berries will not be able to clear the body of toxins, if they themselves have toxins on them when consumed. Here's why you should add these AMAZING DETOXIFIERS:

- High amounts of Antioxidants
  - Decreased soreness after workouts
  - Decreased inflammation in the body
- High in Fiber
  - Improved Satiety after meals
  - Low Glycemic Rating
    - Does not cause spikes in Blood Sugar/Insulin (no "crash" after meals)
    - Prevents fat storage in body
  - Improves body's ability to utilize carbohydrates for use in muscles versus storing them as fat
  - Detoxifies the body (mentioned earlier)

Okay, now everyone knows the 3 RESULT CREATORS. You also know exactly what each food does and how it will benefit you to reach your desires and goals. That's great, but the last thing you need to know is how to actually begin incorporating these foods into your diet EVERYDAY!

Here's how!

BREAKFAST!

Use all 3 of the RESULT CREATORS for Breakfast everyday to jump start the FAT BURNING process, cleanse the body, keep energy levels HIGH for the day, and start building some LEAN MUSCLE.

Here's the plan!

## Monday:

Men	Women
5-6 Scrambled Eggs	3-4 Scrambled Eggs
cooked in 2 tsp Coconut Oil	cooked in 1 tsp Coconut Oil
1 cup of Blueberries on the side	½ cup of Blueberries on the side

\*Use a pinch or two of sea salt while cooking the eggs and a few pinches of fresh or dried thyme. Add pepper if you like.

## Tuesday

Men	Women
5-6 Sunny Side Up Eggs	3-4 Sunny Side Up Eggs
cooked in 2 tsp Coconut Oil	cooked in 1 tsp Coconut Oil
1 cup of Strawberries on the side	½ cup of Strawberries on the side

\*Use a pinch or two of sea salt while cooking the eggs and a few dashes of onion powder and smoky paprika. Add pepper if you like.

## Wednesday

Men	Women
5-6 Poached Eggs	3-4 Poached Eggs
cooked in 2 tsp Coconut Oil	cooked in 1 tsp Coconut Oil
1 cup of Blackberries on the side	½ cup of Blackberries on the side

\*Use a pinch or two of sea salt while cooking the eggs. Add pepper if you like. Put a dash or two of Chili Powder on the eggs while poaching if you like.

## Thursday

Men	Women
5-6 Eggs made into an Omelet	3-4 Eggs made into an Omelet
cooked in 2 tsp Coconut Oil	cooked in 1 tsp Coconut Oil
1 cup of Raspberries on the side	½ cup of Raspberries on the side

\*Use a pinch or two of sea salt while cooking the eggs and a few dashes Italian Seasoning or Fresh Herbs. Add pepper if you like. Add vegetables inside the Omelet if you like (cooked onions, tomatoes, spinach, fresh basil, mushrooms, etc)

## Friday

Men	Women
5-6 Fried Eggs	3-4 Fried Eggs
cooked in 2 tsp Coconut Oil	cooked in 1 tsp Coconut Oil
1 cup of Dark Cherries on the side	½ cup of Dark Cherries on the side

\*Use a pinch or two of sea salt while cooking the eggs. Add pepper if you like.

## Saturday

Men	Women
5-6 Eggs anyway you like (it's SATURDAY)	3-4 Eggs anyway you like (it's SATURDAY)
cooked in 2 tsp Coconut Oil	cooked in 1 tsp Coconut Oil
1 cup of Mixed berries on the side	½ cup of Mixed berries on the side

\*Use a pinch or two of sea salt while cooking the eggs. Add pepper if you like. These are made to your liking. Add any seasoning or vegetables you want!

## Sunday

Men	Women
5-6 Eggs made into a Frittata	3-4 Eggs made into a Frittata
cooked in 2 tsp Coconut Oil	cooked in 1 tsp Coconut Oil
1 cup of Blackberries and Red Raspberries on the side	½ cup of Blackberries Red Raspberries on the side

\*Use a pinch or two of sea salt while cooking the eggs. Add pepper if you like. Make the Frittata how you would like by adding any seasoning or vegetables you enjoy.

Now you have a week long plan for Breakfast that gives you variety every day and will give you the results you desire! Bon appétit!

# 7 EarthFIT 50 Lunches for the ENTIRE Week

## Key Points

- These meals are designed as either an Anytime or Post Workout Meal. Substitutions will be provided to make the meal a Post Workout Meal
- Protein and Vegetables are at every meal and are never substituted for anything else

Men	Women
consume two palms of protein at each meal (about 8 oz)	consume one palm at each meal (about 4 oz)
consume a minimum of 3 fists of vegetables at each meal	consume a minimum of 2 fists of vegetables

Meal 1: Autumn Apple Salad (anytime meal)	
Men	Women
<ul style="list-style-type: none"> <li>• 2 to 3 large handfuls of Fresh Spinach</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 Apple cored and chopped</li> </ul>	
<ul style="list-style-type: none"> <li>• 2 thumb lengths of crushed walnuts or pecans</li> </ul>	<ul style="list-style-type: none"> <li>• 1 thumb length of crushed walnuts or pecans</li> </ul>
<ul style="list-style-type: none"> <li>• 1 or 2 palms of seasoned lean turkey chopped</li> </ul>	
<ul style="list-style-type: none"> <li>• Dressing - 1 tbsp of olive oil mixed with 1 tbsp of apple cider vinegar with a pinch of sea salt and a few dashes of cinnamon</li> </ul>	

Combine all ingredients together in a large bowl and enjoy!

(To make this meal a post workout meal, substitute quinoa for the walnuts or pecans.  $\frac{1}{3}$  cup of quinoa for women and  $\frac{2}{3}$  cup of quinoa for men)

## Meal 2: Fresh Zucchini "Pasta"

- 1-2 medium sized zucchini, grated using a mandoline
- 1-2 large fresh tomatoes, pureed in blender or food processor
- Fresh Italian Herbs, Basil, Thyme, Rosemary, Oregano, washed and chopped
- Couple pinches of sea salt
- 1 or 2 palms of seasoned lean protein such as chicken or 4-8 oz of ground meat such as lean ground turkey or lean ground beef

Grate zucchini in bowl and place into a strainer, sprinkle a little sea salt over it to allow zucchini to soften and release water. Next puree the tomatoes with your selected herbs (at least use some basil if you do not have any other herbs) and place a few pinches of sea salt to taste into your tomato puree. Once made, place zucchini in a bowl and place your selected protein overtop the zucchini, then pour the tomato puree overtop. Enjoy! (zucchini and tomato puree can be warmed slightly, but do not cook the zucchini or tomato puree!)

(For a post workout meal, substitute the zucchini for spaghetti squash. ½ a spaghetti squash for women (about 2 cups) and a whole spaghetti squash (about 4 cups) for men

## Meal 3: Light and Fresh Chicken Salad

Men	Women
<ul style="list-style-type: none"><li>• 2-3 large handfuls of Mixed Salad Greens</li></ul>	
<ul style="list-style-type: none"><li>• 2 handfuls of seedless grapes OR 2 handfuls of strawberries</li></ul>	<ul style="list-style-type: none"><li>• 1 Handful of seedless grapes OR 1 handful or strawberries</li></ul>
<ul style="list-style-type: none"><li>• 2 thumb lengths of almonds, chopped</li></ul>	<ul style="list-style-type: none"><li>• 1 thumb length of almonds, chopped</li></ul>
<ul style="list-style-type: none"><li>• 1-2 Palms of seasoned chicken breast, chopped</li></ul>	
<ul style="list-style-type: none"><li>• Dressing- 1 tbsp olive oil mixed with juice of fresh lemon, some grated lemon zest and salt and pepper to taste (pepper is optional)</li></ul>	

Grab a large bowl and place the Mixed Salad Greens in the bowl, cut the grapes in half OR strawberries in slices, place chopped almonds over top, place chopped chicken over top, drizzle the salad with the lemon dressing. Enjoy!

(For a Post Workout Option, substitute the almonds for quinoa. 1/3 cup of quinoa for women and 2/3 cup of quinoa for men)

<b>Meal 4: Steak Fajita Lettuce Wraps</b>	
<b>Men</b>	<b>Women</b>
<ul style="list-style-type: none"> <li>• 1-2 medium sized onions, sliced</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 Red bell pepper, sliced</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 Yellow Bell Pepper, sliced</li> </ul>	
<ul style="list-style-type: none"> <li>• half avocado sliced</li> </ul>	<ul style="list-style-type: none"> <li>• quarter avocado sliced</li> </ul>
<ul style="list-style-type: none"> <li>• 1-2 Palm sizes of lean steak, such as sirloin</li> </ul>	
<ul style="list-style-type: none"> <li>• Lettuce for the lettuce wraps such as Romaine Leaves, Bibb Lettuce, or Buttercrunch</li> </ul>	
<ul style="list-style-type: none"> <li>• Chili powder, Cumin, Paprika or Smoked Paprika, Garlic Powder, Sea Salt and Pepper</li> </ul>	

Sautee the onion, red and yellow bell peppers over medium heat until cooked down some and beginning to caramelize, these may be seasoned with the seasonings of your choice, but do not season with salt until the end of cooking or when they have been taken off the heat. Cook the steak to your liking and season to your liking, but depending on size of steak, about 4-5 minutes on each side should be adequate. Let sit for 5-10 minutes after cooking to let the juices seal inside the meat, place the steak under something to keep it warm. While the steak is sitting, slice the avocado and begin to prepare the wraps. Grab one or two lettuce leaves and place some of the onion/pepper mixture inside, take a slice of the avocado and place inside. After the steak has sat, slice the steak into strips and place a few strips into the wrap. Continue making wraps until you've used up the ingredients (1 palm sized serving of steak for women, 2 palm sizes for men)

(To make this a post workout option, include some sliced mango either in the lettuce wrap or on the side, 1/2 a ripe mango for women, 1 whole mango for men)

## Meal 5: Light and Simple - Steak and Steamed Veggies

Men	Women
<ul style="list-style-type: none"> <li>• 1-2 Palm sizes of Buffalo Steak</li> </ul>	
<ul style="list-style-type: none"> <li>• 3 Fists of Steamed Vegetables                             <ul style="list-style-type: none"> <li>◦ Such as Broccoli, cauliflower, carrots, green beans, zucchini, onions, peppers, etc. Can include all of them or just one of them like broccoli</li> </ul> </li> </ul>	
<ul style="list-style-type: none"> <li>• Squeeze of lemon over the vegetables</li> </ul>	
<ul style="list-style-type: none"> <li>• 2 thumb lengths of mixed nuts on the side</li> </ul>	<ul style="list-style-type: none"> <li>• 1 thumb length of mixed nuts on the side</li> </ul>

(If having post workout, substitute the mixed nuts for sweet potato. ½ a medium sized sweet potato for women, 1 whole medium sized sweet potato for men) Can't find Buffalo steaks? Try a tuna steak!

## Meal 6: "The Burger"

Men	Women
<ul style="list-style-type: none"> <li>• 8-10 oz of lean ground beef or ground turkey</li> </ul>	<ul style="list-style-type: none"> <li>• 4-6 oz of lean ground beef or ground turkey</li> </ul>
<ul style="list-style-type: none"> <li>• Seasoning- Chili Powder, Paprika, Onion Powder (or fresh diced onion, Garlic Powder (or fresh chopped garlic), Sea Salt, Pepper</li> </ul>	
<ul style="list-style-type: none"> <li>• The Bun - 2-4 Large Romaine Leaves</li> </ul>	
<ul style="list-style-type: none"> <li>• Toppings- sliced tomato, sliced or cooked onion, ½ sliced avocado, sautéed portabella mushroom (stem removed)</li> </ul>	<ul style="list-style-type: none"> <li>• Toppings- sliced tomato, sliced or cooked onion, ¼ of sliced avocado, sautéed portabella mushroom (stem removed)</li> </ul>
<ul style="list-style-type: none"> <li>• Side Salad of mixed greens on the side or 2 fists of steamed veggies</li> </ul>	

(If having as a post workout meal, substitute the avocado for sliced pineapple, ½ cup of sliced pineapple for women, 1 cup of sliced pineapple for men.) Slices can be added as toppings on the burger if desired. Very Tasty!

## Meal 7: Beef or Chicken Stir Fry

Men	Women
<ul style="list-style-type: none"><li>• 1 medium onion, sliced</li></ul>	
<ul style="list-style-type: none"><li>• 2 carrots, using a peeler, peel into long strips</li></ul>	
<ul style="list-style-type: none"><li>• 1 zucchini, using a peeler, peel into long strips</li></ul>	
<ul style="list-style-type: none"><li>• Seasoning - Freshly grated ginger, Sea Salt, Chinese Five Spice</li></ul>	
<ul style="list-style-type: none"><li>• 6 tbsp canned full fat coconut milk</li></ul>	<ul style="list-style-type: none"><li>• 3 tbsp canned full fat coconut milk</li></ul>
<ul style="list-style-type: none"><li>• 1-2 palm sizes of lean ground beef or chicken breast</li></ul>	

Sautee the onion. When it begins to turn translucent, add the carrot and zucchini and sauté until it begins to soften. Before it is fully cooked, add the ginger, sea salt, and a few dashes of the Chinese five spice (don't overdo the Chinese five spice as it is a strong flavor and can be overpowering in large amounts) and the coconut milk. Let this cook for another 2 minutes or until it has cooked down and into the vegetables. Remove vegetable mixture from heat and place in bowl. Next, cook your beef or chicken. The same seasoning can be used for the meat or you can simply season with salt. Once cooked through, remove from heat and place over top the vegetable mixture in the bowl. Stir together and enjoy!

(If having as a post workout meal, add  $\frac{1}{3}$  cup of cooked white rice (women) to the stir fry mixture,  $\frac{2}{3}$  cup of cooked white rice (men))

# 7 EarthFIT 50 Dinners for the ENTIRE Week

## Key Points

- These meals are designed as either an Anytime or Post Workout Meal. Substitutions will be provided to make the meal a Post Workout Meal
- Protein and Vegetables are at every meal and are never substituted for anything else

Men	Women
consume two palms of protein at each meal (about 8 oz)	consume one palm at each meal (about 4 oz)
consume a minimum of 3 fists of vegetables at each meal	consume a minimum of 2 fists of vegetables

<b>Meal 1: Fat Burning Chili</b>
Base:
<ul style="list-style-type: none"> <li>• 2 lbs of Lean Ground Meat seasoned w/ chili powder, sea salt, paprika, cumin, pepper</li> </ul>
<ul style="list-style-type: none"> <li>• 4 large carrots, sliced</li> </ul>
<ul style="list-style-type: none"> <li>• 1 red bell pepper sliced</li> </ul>
<ul style="list-style-type: none"> <li>• 1 yellow bell pepper sliced</li> </ul>
<ul style="list-style-type: none"> <li>• 2 large tomatoes chopped</li> </ul>
<ul style="list-style-type: none"> <li>• 3 cloves of garlic smashed and diced</li> </ul>
<ul style="list-style-type: none"> <li>• 2 large onions chopped</li> </ul>
Stock/ Seasoning:
<ul style="list-style-type: none"> <li>• 5 cups of Salted Organic Chicken Stock</li> </ul>
<ul style="list-style-type: none"> <li>• 4 large tomatoes</li> </ul>
<ul style="list-style-type: none"> <li>• 2 tbsp chili powder</li> </ul>
<ul style="list-style-type: none"> <li>• 1 tsp smoked paprika</li> </ul>
<ul style="list-style-type: none"> <li>• ½ tsp cumin</li> </ul>
<ul style="list-style-type: none"> <li>• ½ tsp celery seed</li> </ul>
<ul style="list-style-type: none"> <li>• ½ tsp fresh ground pepper</li> </ul>

Having an anytime meal? Serve the chili with sliced avocado over top once cooked.

Having a postworkout meal? Add 2 to 3 large sweet potatoes, chopped and cubed to the chili to be cooked as well.

Brown the ground beef in large skillet or pan with the garlic and onions one lb of meat at a time (wait to add the garlic until towards the end of the browning otherwise it will burn). While browning, make the stock. Take the chicken stock (homemade or store bought), place in a blender or food processor with the tomatoes and seasoning and blend on high until smooth and the tomatoes are pureed. Once the meat is browned, the stock is made, and all your vegetables are prepared, place everything into and large pot and turn on high until it comes to a boil. When it begins to boil, turn the heat down to a simmer and let simmer about 30 minutes or until vegetables are tender. Makes 8 servings for women and 4 servings for men.

## **Meal 2: Roasted Chicken with Roasted Vegetables**

For the chicken:

- One 3-5 lb chicken
- 1 lemon
- 1 bunch of garlic
- 1 medium sized onion
- Sea Salt
- Fresh Ground Pepper

For the vegetables:

- 5 Large Carrots
- 3 Large Onions
- 3 Medium sized Zucchini
- 3 Beets
- Italian Seasoning
- Sea Salt
- Pepper

Having a post workout meal? Cube or slice up two medium sized sweet potatoes and line them along the bottom of the pan with the rest of the vegetables

Clean and rinse off the chicken, taking out anything on the inside of the chicken. Season the inside of the chicken well with the salt and pepper. Take the lemon and cut it in half. Take the bunch of garlic and cut it in half. Take the onion and cut it in half. Now take the lemon, garlic, and onion halves and stuff all of them on the inside of the chicken, alternating each one as you place it inside. Next, season both sides of the chicken with sea salt and pepper.

Chop and slice all of the vegetables and line them onto a baking sheet or pan that the chicken

will be getting cooked in. Align them all along the bottom of the sheet or pan and season with sea salt, pepper, and Italian season. Next, take the chicken and place it on top of the vegetables and cover either with a lid or aluminum foil. Cook until finished, removing the lid or foil for the last 15 to 20 minutes of the cooking time to allow the chicken to brown slightly. Makes several servings for the week.

### **Meal 3: Roast and Veggies (Slow Cooker Recipe)**

- 3-5 lbs of chuck roast/chuck steak
- 1 Bunch of celery, sliced
- 6 Large Carrots, sliced
- 2 Large Onions, sliced
- 4 Small to medium sweet potatoes (if you're having a post workout meal, if not add more veggies such as the carrots and onions)
- Sea Salt liberally sprinkled over top (rounded tbsp)
- 2 tbsp roughly of Italian seasoning or lots of fresh herbs
- 3 cups of water or unsalted chicken or vegetable stock

Place meat in bottom of slow cooker, place chopped/cubed veggies all on top, mix together, put seasoning over top, pour in liquids, mix a little more, turn slow cooker on and let cook for at least 4 hours. Makes several servings for the week.

### **Meal 4: Summery Chicken and Fresh Vegetables**

- 1-2 chicken breasts, cut into strips
- Sea Salt
- Pepper
- Fresh Lemon
- 1 tomato, chopped
- ½ to 1 avocado, sliced
- 1 cucumber, peeled and sliced
- 1-2 cups of watermelon, cubed
- Fresh Mint Leaves, chopped

Taking the chicken breast strips, season on both sides with salt and pepper and then brown on both sides in a skillet. (1 chicken breast for women, 2 for men) Mix the chopped tomato and avocado together (½ avocado for women, 1 whole one for men), sprinkle a little sea salt over top and squeeze half the lemon over top. Set on the side. Separately, combine the cucumber and watermelon (1 cup for women, 2 cups for men) and mix with the fresh mint leaves. Taking the other half of lemon, squeeze over top the cucumber and watermelon and sprinkle a little sea salt over top. Serve the chicken, the tomato/avocado mix, and watermelon/cucumber mix on a plate and enjoy.

### **Meal 5: Mexican Meatloaf**

- 1 lb of lean ground turkey
- 2 bell peppers, sliced
- 2 cloves of garlic, smashed and diced
- 1 medium onion, chopped
- ¼ of ground flaxseed
- 1 egg
- couple dashes of cumin
- couple dashes of chili powder
- couple dashes of paprika
- ¼ tsp of sea salt
- some fresh ground pepper
- Organic Salsa

Toss everything but the salsa into a bowl and mix it together. Then pile it all into a 9 inch loaf pan. Cover with thick layer of salsa.

Cook for 50 minutes (give or take 5 minutes) at 350 degrees. 4 servings for women and 2 servings for men.

## Meal 6: Salmon and Steamed Veggies

- 4-10 oz piece of salmon (4-6 oz women, 8-10 oz men)
- Dijon Mustard
- Sea Salt
- 3 fists of fresh broccoli/cauliflower mix
- Lemon, cut in half

Having an anytime meal? Have some sliced avocado with the meatloaf. ½ for women and a whole one for men

Having a post workout meal? Have ½ cup of rice (women), 1 cup of rice (men)

Salt the piece of salmon, then cover in Dijon mustard and place a slice of lemon on top of the piece. Wrap in parchment paper and aluminum foil and bake in the oven until cooked through. Steam the broccoli and cauliflower, sprinkle lightly with sea salt and squeeze the lemon over top of the vegetables

Having a post workout meal? Have ½ a sweet potato (women), a whole sweet potato (men)

## Meal 7: Grab N' Go Meatballs

- 1 lb lean ground meat
- 1 onion
- 1 clove garlic
- 1 cup shredded, grated, or chopped vegetables (whatever you'd like)
- 1 egg
- 1/4 ground flaxseed (optional)
- 1/4 teaspoon sea salt
- Spices (mix it up and use different spices, premixed spices, or fresh herbs)

You can make the recipe as big or small as you want. Here is the base recipe. You can put whatever you'd like in them too. Preheat oven to 350 F and prepare a cupcake pan w/ non-stick spray or oil

Combine everything in bowl.

Use an ice cream scoop/melon ball scoop or measuring cup to measure out meatballs into cupcake pan.

Cook for 20-30 minutes or until done

Serve with a side salad of mixed greens (about two fists of salad greens) with some balsamic vinegar and olive oil lightly drizzled over top.

Having a postworkout meal? Serve with a starchy carb from the EarthFit 50 foods that pairs well with the meatball that you created! ½ cup of starchy carbs for women and 1 cup of starchy carbs for men.

**Precision Nutrition and EarthFIT Coach  
Ben**